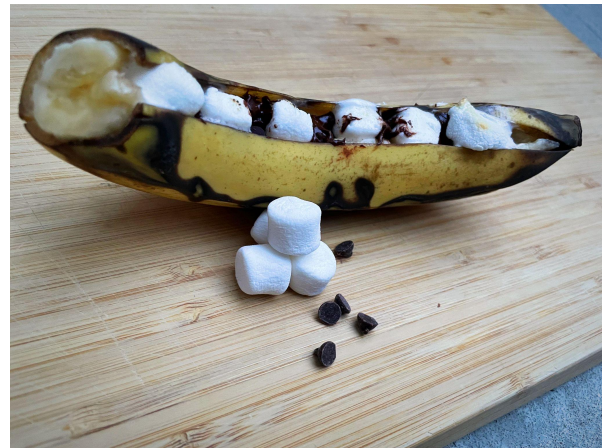


# Chocolate Marshmallow Banana Boats

Ooey-goey goodness! Banana boats offer a different way to enjoy marshmallows over the campfire.

**Prep Time:** < 5 mins    **Cooking Method:** campfire, grill

**Cooking Time:** 10 mins    **Yield:** 1



## Ingredients:

- 1 banana
- Handful of mini marshmallows
- Handful of chocolate chips or pieces
- Handful of peanuts (optional)

## Directions:

1. Lightly slice the banana to break the skin and split banana open lengthwise (about halfway deep the fruit to be able to fill).
2. Fill the opening by alternating with marshmallows, chocolate and peanuts.
3. Wrap the banana in foil (leaving space above the filling so it doesn't stick to foil) and place on the outskirts of the fire; or on top of a broiler.
4. Roast for approx 10 minutes (med-high heat). Check periodically to monitor. It's ready when marshmallows and chocolate are melted.

Note: Cooking too long will completely melt the fruit – creating a watery mess. Banana should only be warm, not melted.

Voilà! Your banana boat is ready to go!

## Notes:

- Feel free to change up the fillings! Skor pieces work well for some added crunch too

# Chocolate Marshmallow Banana Boats (cont'd)

## Nutrition Information

*\*Nutrition information is estimated using an online nutrition calculator.*

*Actual nutrition facts may vary.*

### Per Serving:

**Calories:** 265 kcal **Protein:** 6g **Carbs:** 41g **Fat:** 10g **Fibre:** 4g

**Sugar:** 25g **Sodium:** 16mg **Saturated Fat:** 3g **Cholesterol:** 5mg



*Nomads Kitchen*

